

PERFORMANCE EATING

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1. DRINK ENOUGH

MINIMUM NUMBER OF OUNCES PER DAY = Middle school 70 ounces

High school- 90 oz

Coffee, tea, milk, juice, water, soda, sports drinks all count as fluid as well as fruits, vegetables, soups, gelatin, fruit ices

NEED TO THINK ABOUT DRINKING EARLY AND OFTEN AND ESTABLISH A HYDRATION PLAN:

A loss of as little as 2 % of body weight due to dehydration can increase fatigue and impair performance!

Drinking enough can increase stamina up to 33% longer

How do you know if you are dehydrated?

Noticeable thirst	Muscle cramps	Weakness	Impaired performance
Headache	Nausea	Fatigue	Burning in stomach
Dry mouth	Dizziness/lightheadedness		

BASELINE NEEDS:

16-20 ounces of fluid within 10 minutes of waking up

10-20 ounces of fluid with every meal

10-12 ounces with every snack

10-20 ounces BEFORE BED

PRE EXERCISE

Start exercise with some fluid already in your stomach- If you are too nervous or uncomfortable to eat- consider Gatorade PRIME to put some fuel in your body before practice or games

20 oz 1 hr before exercise- OR 10 ounces 15 minutes BEFORE either water or Gatorade- and if you haven't eaten before practice/conditioning choose a Gatorade instead of water for the carbohydrate

HOW TO CONSUME FLUID DURING EXERCISE

Larger gulps over sips

Swallow fluids, do not spit

Drink, don't pour on your head

Do NOT overdrink

Drink 3 cups of fluid for every pound lost

Gatorade/G2 over water during exercise

Be careful with energy drinks

5 hr energy will not provide fluid for your muscles on the field!

AFTER PRACTICE/GAMES

Drink enough to replace losses- 24 ounces of fluid for every pound you lose during exercise

Consider Gatorade Recover to provide fluid, carbohydrate, protein and sodium

Do a urine check the next morning AFTER exercise

Does your urine look more like lemonade than apple juice?

Did your thirst subside?

2.ADD SALT IF NECESSARY

If you are a salt loser, you need to use more!

Salty sweat or Salty residue on skin or uniform/clothes

Eat salty foods such as pickles, pretzels

Use salt, Soy or Worcestershire sauce

Use sports drinks instead of water to provide sodium and help replace what is lost through sweating

Consider adding salt to a sports drink. One-quarter teaspoon added to 20 ounces of sports drink or one-half teaspoon of salt added to 32 ounces of sports drink

3.MEAL FREQUENCY

Make sure to eat enough times during the day

Eat within 1 hour of waking up- you need to eat breakfast or your body plays catch up all day which means you are tired during practice as well as in the classroom or at the workplace

Try to eat small meals every 4 hours

Calorie intake should be a range of 18-23 calories per pound body weight

4. EMPHASIZE CARBOHYDRATES ON THE PLATE

2/3 of the plate as rice, pasta, potato, bread, cereal, fruit, vegetables

Fuel for muscles during activity and Fuel for the brain during exercise

Good sources of carbohydrate include:

Bread	Bagels	Tortillas	Rice	Pasta	Quinoa	Crackers	Juice
Barley	Potatoes	Corn	Fruit	Vegetables		Pretzels	

Try to Limit:

Pastries Cookies Candy Ice cream Fruit drinks/soda chips/fries
These foods contain carbohydrate but also contain high amounts of fat and/or sugar

5. EAT ENOUGH PROTEIN FOR MUSCLE GROWTH AND A HEALTHY IMMUNE SYSTEM

0.5 x body weight (pounds) is the MINIMUM number of grams of protein a day

1/3 of the plate as chicken, fish, meat, eggs, cheese, soy foods nuts, seeds, beans

PROTEIN AT BREAKFAST:

Cheese- sliced, Laughing Cow, baby Bel, String cheese, or 5-6 cheese cubes

Egg

Cottage cheese

Greek yogurt

A shake

A smoothie

Cheese on a bagel, not cream cheese

Peanut butter on an English muffin

Bar such as Power, Special K, Clif, Zone, Balance, Nugo

!

Do include some protein as part of every meal and snack:

Eggs	Jerky	Nuts	Peanut butter	Baked beans	Bean dip
Chicken	Turkey	Beef	Pork	Fish/shellfish	Tofu
Eggs	Low-fat milk	Yogurt	Lower fat cheeses		

Try to limit:

Bacon	Sausage	Pepperoni	Whole milk	Fried meats
Full fat cheeses		Hot dogs		

These foods do contain protein but are also high in fat and saturated fat which is not as healthy for the body

6.FAT IS AN ESSENTIAL FUEL FOR EXERCISE

Add some as part of every meal as a spread, peanut butter, salad dressing, or in a food such as cheese, meat, or even a fried food

There is no need to cut fat out of the diet

Limit BEFORE exercise as they can upset your gut!

Do include some fat as part of every meal and snack

Good sources of fat includes:

Nuts Seeds Nut butters Olives Olive oil Pesto Avocados
Guacamole Mayonnaise Sunflower, corn, safflower, soybean, corn oils
Soft margarines

Try to limit:

Creamy dressings Creamy sauces Sour cream Cream cheese
Lard Butter Shortening Stick margarines

These foods are sources of fat, but are primarily saturated or trans fats which are not as healthy

7.TIMING IS EVERYTHING

Try to eat every 4 hours to give your body maximal energy over the day

Eat breakfast

Snack mid morning if you have late lunch or snack mid-afternoon if you have early lunch

Dinner

Evening snack if you have an early dinner

Eat something within 15 minutes of exercise such as sports drink, cereal bar, trail mix, bar or Gatorade Recover to help your body recover more quickly

Protein + Carbohydrate after practice/games- within 30 minutes can help you to recover faster

Protein sources (g)

2 TBSP peanut butter- 14
8 oz yogurt- 10
12 oz low-fat chocolate milk- 12
¼ cup nuts- 10 grams
2 hard cooked eggs- 14 grams

Carbohydrate sources (g)

½ of a bagel- 25 grams
8 oz yogurt- 40 grams carbohydrate
12 oz low-fat chocolate milk- 30 grams
1 cup cereal- 30 grams
2 slices of toast- 30 grams

7.FOODS TO INCLUDE RIGHT BEFORE AND DURING GAMES/TOURNAMENTS

Honey sticks	Jello	Sugar cubes	Dry cereal	Chex mix
Mini pretzels	Sports drinks	Honey packet	Crackers	
Gels	Individual gel shots		Gatorade Prime	
Gatorade Recover	Fruit	Dried fruit	Sports drink	

EATING BEFORE PLAY or PRACTICE

1 hour before:
20 ounce of sports drink or 20 ounces of water with:
A handful of pretzels or cereal or a granola bar
OR
Gatorade Prime + 10 ounces of water

DURING PRACTICE OR PLAY

30 grams of carbohydrate per hour by consuming:
16 ounces of sports drink
A gel or bloks or shots
A packet of honey or 2 honey sticks
OR Gatorade PRIME

AFTER PRACTICE OR PLAY

Drink enough to replace sweat losses- 24 ounces of fluid for every pound you lose during exercise
Eat something or drink something with calories within 15 minutes of practice or play
2 handfuls of pretzels, crackers or cereal
OR
2 handfuls of trail mix
OR
A higher carbohydrate sports bar or 2 granola bars
OR
A piece of fruit and a small handful of pretzels
OR
Gatorade Recover

8. SUPPLEMENTS

Vitamin D- 1000 IU
Calcium- 1300 milligrams especially if you don't eat dairy foods or drink milk

SAMPLE MENU

BREAKFAST

8 ounce yogurt with ¼ cup granola

A banana

6 ounce glass of juice

12 ounce glass of water

MID AM SNACK (if you have late lunch)

A Special K bar

LUNCH

Sandwich on a roll

3 slices of meat

1 slices of cheese

Piece of fruit

Crackers, pretzels or baked chips- 1 handful

12 ounce glass of milk, juice or lemonade+ 12 ounce glass of water

PREPRACTICE

Sports drink 20 ounces + a handful of Chex mix

POST PRACTICE

Gatorade Recover OR

10 ounce bottle of low-fat chocolate milk

DINNER

4-5 ounces of lean meat, poultry or fish

1 cus of pasta, rice or potatoes

2 cups of vegetables- either cooked or salad

12 ounce glass of milk, juice or lemonade + 8 ounce glass of water

EVENING SNACK

Bowl of cereal(1 cup) with fruit and milk (8 ounces)+20 ounces of water